



PREVENTION TASK FORCE

Task Force Chair: Tim Lena Co-Chair: Donna Arias

**February 5, 2021
Meeting Minutes**

<p>Welcome & Introductions</p>	<p>Voting Members: Tim Lena, Donna Arias, Foad Afshar, Dan Andrus, Jill Burke, Alissa Cannon, Marissa Carlson, Dellie Champagne, Celeste Clark, Traci Fowler, Rick Frost, Lisa Hayward, Betsy Houde, Heather Inyart, Christina Lachance, Melissa Lee, Susan McKeown, Sarah Shanahan, Annika Stanley-Smith, Jeffrey Stewart Absent Members: Shannon Bresaw, Erin Pettengill, Rebecca Woitkowski Public: Larry Averill (Life of an Athlete), Kate Frey (New Futures), Mark Lefebvre (The Pine Institute), David Mara, Dave Rozumek (NHIAA), Eliza Zarka, Julie Yerkes, Alexandra Burke</p>	
<p>Agenda Item</p>	<p>Discussion</p>	<p>Action Steps</p>
<p>Review & Approval of Minutes</p>	<ul style="list-style-type: none"> ● The Task Force reviewed December’s meeting minutes. ● Sarah: Correction request, update spelling of Sarah Shanahan and Nicole’s last names ● Jeff Stewart made a motion to accept the minutes as written with the suggested name corrections. Lisa Hayward seconded. ● Christina abstained. ● Everyone else was in favor/unanimous and the motion passed to accept the minutes as written with the suggested name updates. 	<p>Minutes will be available on the Center for Excellence website.</p>
<p>January Retreat Followup: Funding Recommendations - Donna Arias</p>	<ul style="list-style-type: none"> ● Ranking discussion from the January retreat. Overall result of ranking showed support to continue current existing contracts. Will continue 2.1M contracts for SAP (Student Assistance Programs) Ranked as top choice. ● Ranking list: (\$ - currently funded) <ol style="list-style-type: none"> 1 - \$ C&Y: Student Assistance Programs 2 - \$C&Y: Youth Leadership that includes train the trainer 3 - \$EC: Fund the work of the domestic violence and sexual assault crisis centers to support children and families throughout the state to ensure that ACEs are mitigated 4 - SYS: Expand NH’s YRBS for middle school 5 - A&OA: Support Kinship Navigation Program through Family Resource Centers 6 - \$C&Y: Court Diversion 7 - A&OA: Support for emerging and timed out community coalitions 	

	<p>8 - EC: Screen all children, including early identification, screening, and referral for ACEs (as well as risk assessment for ACEs)</p> <p>9 - EC: Support high-quality, publicly funded early childhood education programming</p> <p>10 - C&Y: Youth/Teen Mental Health First Aid</p> <p>11 - YA: ESBIRT</p> <p>12 - YA: Lifeskills training</p> <p>13 - C&Y: Expansion of SBIRT</p> <p>14 - SYS: Operating support for the Partnership (formerly PDFNH)</p> <p>15 - EC: Support the development of coordinated, quality, cross sector coalitions focused on improving early childhood experiences and outcomes for families and children</p> <p>16 - A&OA: Increase access to Self-Management Programs for Chronic Pain</p> <p>17 - C&Y: Messaging Tool Kits</p> <p>18 - A&OA: Campaign addressing risks of mixing meds with alcohol</p> <ul style="list-style-type: none"> ● At the At the all-Task Force Chair meeting earlier this week: Advised they have 3.2M to spend across all task forces, current combined ask from all task forces was 3.6M. Also to note, Patrick is holding back 1M (so there is actually 4.5M available). Some extra support for training - mental health, first aid, model for adults, peer to peer models ● How we should prioritize this work, YRBS middle school approach, should we do outreach to schools? (Traci) <ul style="list-style-type: none"> ○ (Lisa) DHHS is aware of this issue, exploring if can be funded in another way, could be an opportunity for collaboration, talking about logistic, law on non-academic surveys, alignment of questions with needs of districts ○ (Jill from chat) To echo what Traci raised and Lisa's comments I can tell you we have significant interest (MS YRBS) with our DFCs, RPHNs, and SAPs. Also of note DPHS and I will be talking with Charter Schools next Tuesday as there is an interest amongst this group to administer the survey. Great momentum. ○ (Tim) Current youth risk behaviour survey during pandemic environment would be insightful 	
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	<ul style="list-style-type: none"> ○ (Sarah) Confirmed it is a non-academic survey. All of topics covered in YRBS are required to be covered in the DOE curriculum, work being done is non-academic survey ○ Jill wondered if it is possible to find funding for middle school with no modifications, so it wouldn't require parental notification. But she also noted that the survey needs to be posted on the SAU's website and notification by email and letter to parents/caregivers is required. http://www.gencourt.state.nh.us/rsa/html/xv/186/186-11.htm <ul style="list-style-type: none"> ■ But would need buy in from parents, good public relations, good to be open/transparent about what they are asking. The difference is the opt in/opt out part of it. A letter does go home to parents, opting out is an option. ■ Sarah chat: Was more referring to data collection around prevention programs. Schools are under the impression that they cannot allow prevention programs to do pre/post testing because of the vagueness of "non-academic surveys". I know that Celeste has run into this as well. ○ Melissa chat:I know Youth Mental Health First Aid and Mental Health First Aid have come up in discussion of priority. UNH Cooperative Extension is going to be providing the backbone support in NH for YMHFA through a contract with the DOE BSW beginning in March. There will be plenty of funding to support leader training and implementation of the program with adults who work with youth. We also just submitted an application to SAMHSA this week for a training grant that would expand capacity for the Mental Health First Aid course in NH for a five year period. Goals would be to increase instructor capacity and no cost courses for the public and targeted workforce. Finger crossed on the application. Happy to share updates as this work moves forward. <ul style="list-style-type: none"> ■ This includes the youth and teen model (does have strong support/funding), no funding for adult MH model at this time, did apply for another grant for the adult version. Will hear back in May/Jun, starting in late summer on funding 	
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	<ul style="list-style-type: none"> ● Betsy advocated for older adult subcommittee, other potential funding sources? ● Rick noted MH first aid training was ranked #10, synergy across the tasks. It makes it a little tricky for funding timing, do we restructure the asks to reflect any new grants? <ul style="list-style-type: none"> ○ Donna suggests we try to write it in a way where there is an option to allow for shift in \$ to other training needs instead, as needed ● Overall suggestions, from Tim, wanted to see all TFs wishlists, allowed the commission to see the wishlists, can look during budgeting process to help find gaps, will create more synergy across all the TFs <ul style="list-style-type: none"> ○ Donna also requested to send info to chairs of subcommittees for other funding. Also many great projects on the list, don't see this funding cycle as the end of this, can still share/promote. Other departments may be able to fund ○ Julie noted on her priority graph, see 2nd tab by priority with more details <p>Next steps: Subcommittee priorities</p> <ul style="list-style-type: none"> ● Decision to have another subcommittee meeting in early March. Tim and Donna to create an agenda, including end user feedback and presentation options, as well as guidance/strategic planning ● Topics to discuss in subcommittees: what data and legislative action is needed, how and where we should be working with New Futures, subcommittee goals, advocacy pieces. What do you wish you knew when you met with your subcommittee, what do you need to know, who do you want to hear from, who can attend our meeting ● Betsy also advised that some of the most fun projects, what are some of the challenges that we can't address, what cross-fertilization is needed, what do we want and how do we build to get it? Traci added that this was how we were able to evolve and focus on the lifespan (instead of just early childhood) ● Julie to send link to list of subcommittee strategies, shared from after January retreat 	<p>ACTION: Plan for another subcommittee mtg in early March</p>
Feedback from People with Lived Experience - Tim Lena	<ul style="list-style-type: none"> ● Each Task Force is requested to submit its plan (see table below) to gather input from people 	

	<p>who are affected by alcohol and other drugs in New Hampshire. The input gathered by Task Forces will inform the updated 2022-2024 Action Plan including identifying gaps and recommendations on current and new priorities and strategies.</p> <ul style="list-style-type: none"> ● What is the goal for lived experience? <ul style="list-style-type: none"> ○ For each TF, those requests will be looked at by Patrick across, will help to inform strategic plan for (Alcohol and other drugs) ● To focus on and choose the following: Method, Target Audience, Anticipated reach, Support requested, Amount requested. Once we figure out what we want to do, can request up to \$500 ● Questions committee created: To meet next week (before 18th) to discuss everything that we talked about today and come up with questions and plan <ul style="list-style-type: none"> ○ Betsy, Tim, Heather (has survey design exp/focus grp), Marissa, Alissa, Dellie ● Discussed some options today - base side-committee meeting on this discussion: ● Methods: <ul style="list-style-type: none"> ○ One on one interview ○ Appreciative Inquiries (AI) ○ Digital format of these questions to be released online ○ Focus groups with SAPs working with parents ○ (Christina/Donna) Look at the already existing surveys that have been administered in the past 6 months. Can pull lived experience from already surveyed people. Surveys are still active through the Family resource centers in collaboration with Resource Trust. Need to wait until close for data available. ○ (Anni) Partner with 10 parent assistance orgs within the state - to directly reach out to parents, and also public health networks. Digital surveys are not the best option. Do instead one-on-one half hour zoom, appreciative inquiries. Collect from each region of state. Wary of digital surveys, due to surveyed-out ○ (Jill) Use some existing documents to help inform the process such as Voices of NH Young Adults, SAP focus groups, as well as some of the social media platforms including Binge Free 603 and Sober Curious ○ (Susan) Prev had 18 family support groups. Numbers are down currently, due to technology. Perhaps we could include this option, but not sure if this would work now, works better in person than virtually. But would show retroactive view of prevention on what would have helped ● Target Audience <ul style="list-style-type: none"> ○ After much discussion, the final conclusion is: 	<p>ACTION: Questions Committee to meet before 18th to discuss final plan</p>
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	<ul style="list-style-type: none"> ■ (Traci) Our target audience is everyone, lived experience is anyone who has been impacted. So can we go outside this bubble, and focus on contributing factors, ex. Social determinants of health, our other contributing factors, housing/food/MH support ■ (Tim) When talking about selected pops (ACES impact, juv diversion) doing focus groups with those specific groups. Children of SU parents getting assistance. Design some KII questions. Need look at a way to celebrate ways that prevention has changed their lives - illustrate the different layers of prevention <ul style="list-style-type: none"> ● Anticipated reach - Try to do a couple per part of the state - by 13 regional public health networks? ● Support requested - Help to do a digital survey similar to one on one survey. Focus group organization help ● Amount requested will be determined once we have the other information 	
<p>Commission Funded Program Presentation: Life of an Athlete, New Hampshire Interscholastic Athletic Association (NHIAA) - Larry Averill and Dave Rozumek http://nhiaa.org/life-of-an-athlete</p>	<ul style="list-style-type: none"> ● (Larry) New Hampshire (NH) Life of an Athlete (LoA) is implemented through the NH Interscholastic Athletic Association (NHIAA) with support from the thirteen Bureau of Drug and Alcohol Services Substance Misuse Prevention Networks. NH LoA is a comprehensive prevention program which uses the intrinsic value of athletics to empower and motivate students to drive a cultural shift related to Alcohol and other Drugs (ATOD) in their communities. ● LoA fosters partnership and collaborations within the school community to support and sustain substance misuse prevention efforts through five core components: Codes of conduct, pre-season meetings, coach engagement, student leadership, stakeholder unity. Program is about culture change, comprehensive prevention embedded in student leadership (chosen captains to be educated, leadership messages, codes of conduct, some curriculum components too). Today, it is still an elective in the school. ● Bring together school, coaches, athletes, support from state and NHIA - to be able to pull from their expertise and put in a digestible format for those providing the program. Helped changed the culture for the parents, central message from a national/state program ● (Dave) After reviewing the last 10 years, the greatest obstacle was administrator turnover within the state (8-9% turnover, i.e. Principle, AD change). Due to having to restart program again with new staff 	

	<ul style="list-style-type: none"> ● On a positive note they found that no matter what happens, 3 goals stay in place: 1) Once student leadership group is established - it remains in place, 2) All schools hold pre-season meetings, 3) Restorative justice is firmly in place now, give chance to learn/grow (no more one and done situation, anyone caught with alcohol etc) ● Recently started a virtual speakers series - students/coaches/administrators - on Feb 1st (http://nhiaa.org/2021-nh-student-leadership-virtual-speaker-series), Tim Lena guest speaker for first one. Weekly sessions with an open invitation for Prevention Task Force members to join to see what is happening with the kids directly. Fall plans are hopefully to do this in person, back in schools. Continue to have bi-weekly leadership meetings. <p>Questions:</p> <ul style="list-style-type: none"> ● In regards to this model having been implemented for other students besides athletes. Larry advised that part of the goals are to include other programs, clubs/associations too, and start to combine with other groups to spread. Culture change takes time. Dave advised that the virtual speaker series is open to everyone at the school, but starts with student athletes. The overall program is called 'Life of an (school mascot name)' for the program name to increase overall school pride. In some cases training manuals/leadership guides were branded with example 'Life of an Owl,' and featured student leaders' pictures within the literature. Even more personalized to the school. ● When asked how does LoA keep in contact when schools drop out, or with new mgmt/turnover, Larry advised this happens mainly by phone calls to remain in contact. Using a 'What can we do for you?' approach along with surveys and some data collection, but mostly reaching out to state connections, ADs, coaches, PE teachers. Reporting on where they are at. They also run a new AD orientation. Recently they had a school reach out asking for info ahead of time - super encouraging! ● Donna mentioned that The Charitable Foundation (a champion of LoA), providing the initial seed \$ to this project, brought up NHIAA's credibility immediately for this program. This is not always the case in other situations. 	
Legislative Updates - Kate Frey, New Futures	<ul style="list-style-type: none"> ● Emailed with full list of legislation info <ul style="list-style-type: none"> ○ Children's behavioral health, early childhood, 	

	<ul style="list-style-type: none"> ● Positive notes: <ul style="list-style-type: none"> ○ House Bill 163: Cannabis use during pregnancy - worked to get prevention messages in. Being distributed by ATCs and programs. Going out with card. Therapeutic Cannabis educational documents the Task Force developed: https://www.dhhs.nh.gov/oos/tcp/documents/tcpedulaws.pdf, https://www.dhhs.nh.gov/oos/tcp/documents/tcpeduchildsafety.pdf ○ House Bill 176: allowing beverages, wines, mixed drinks - cocktails to go. Hearing is Tuesday at 1030a. Great opportunity to talk about alcohol use is a problem. This makes prev jobs more difficult ○ House Bill 403: Relative sale, Growler bill - increases accessibility to alcohol. Same as response to cocktails to go bill, hearing is a great opportunity to talk how alcohol use is a problem. This makes prevention jobs more difficult ○ Dover UTU, SV262: E-cigs. Requesting restriction of flavors. Did get voted down, but still working on this ○ Senate Bill 76: Modified risk tobacco products (tabled in senate) attempt to reduce tobacco tax for certain modified risk tobacco product ○ Senate Bill 98 - opt to pass ○ LSR1046 - Provide appropriation to DHS for primary services for families - watching closely ○ Senate Bill 144: child care scholarships - who should receive during times of COVID ○ House Bill 602: Attempt to limit telehealth services, to no allow audio calls. Not include the parity piece. access to treatment. So much opposition to this, they had to recess it. 10 individual opposed it. Still more to come. Great example of advocacy. 100 people signed up to speak ○ House Bill 68: Considering ot child abuse if minor got sexual reassignment surgery - 70+ people signed up to talk, opposed, had to decide to reconvene at later date. Great advocacy! ○ Advocacy 5 points still supported 	
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	<ul style="list-style-type: none"> ● Do we want to try to vote on anything for the Governor’s Commission meeting on the 19th? Alcohol bills, Kate can also get back this information. We cannot do an e-vote. This happens in March, commission doesn’t meet until April. Could do an opt in for orgs to be listed, shall we vote to move forward today? (Didn’t vote). Delli referenced 5 pt plan https://new-futures.org/2021-granite-state-health-and-wellness-campaign. Tim agrees on endorsing platform for new futures is great idea - Tim ● Donna wondered if the Prevention Task Force could do a letter of support or opposition regarding the bills. We will need to check what is allowed within the Governor's Task force first. Could create a letter regarding alcohol use within the state, but must respect structure within GC. Need to present to GC first per Tim, but can as a task force, we feel strongly about this bill, would like to lend name to testimony. Suggestion from Traci to do an informational letter, she has a template. Option to list members alongside letterhead. Need to check if all members are okay with being listed first. How to do this? 	
New Business - Donna Arias	<ul style="list-style-type: none"> ● The HS youth risk behavior survey will not happen this Spring. Per Celeste, this is postponed to fall, CDC maybe Spring 2022. Moved so data collection matches the same timeframe. <ul style="list-style-type: none"> ○ As a task force, can we push forward to have some guidance for alternative ways communities can gather information? Survey without state/cdc, but still make sure to be in compliance. Can we work with the Data TF? Push forward for guidance from the state, to be able to capture more quantitative data now, and have an accurate picture of what is going on with the kids (time of crisis, during the pandemic). 4 on 4 measures, 30 day use ○ Per Sarah the requirement to not have it monitored in person at home, parents could see questions etc, too many factors to not give the same type of info. Search Institute survey, looking to do surveys in after school programs. May also do community interviews, self assessments, focus groups. Can share this data if interested. ○ Donna noted the challenge, law about opt in/opt out for Youth risk behavior survey, who is the entity that could put out guidance about what is currently going on. If you are looking to do this kind of survey in your community, here are rules to keep 	<p>ACTION: Tim will reach out to Data taskforce - see if can</p>

	<p>you in compliance with the law - statewide guardrails? Better than having each community do this themselves, can we start this conversation?</p> <ul style="list-style-type: none"> ○ Rick advised if not using schools for survey, that statute only covers school. And won't be surveying same crowd, not comparing apples to apples 	<p>join Prevention task force to help with this, and find other data sources to look at</p>
<p>Other updates/other business - Tim Lena</p>	<ul style="list-style-type: none"> ● Open to discussing Tim's response to the Team Wolfboro letter <ul style="list-style-type: none"> ○ SMP from Wolfboro did reach out ○ Rick - met with the coalition one time, 6 yrs ago, presented a strategic framework to the coalition. Not sure why we are being called out individually. Haven't spoken with him in years, NH National Guard prevention program. ○ Anni - Kim is new SMP, in good hands, but odd email to see ○ Donna - National Guard part was new in most recent email ○ Public messaging is an important part of prevention - but don't have extra \$ for this. Trying to engage him to join mtgs, but not much luck ● No quorum to officially adjourn 	<p>ACTION: Tim to figure out entities to present guidance - legality of surveys options, comprehensive/succinct community level survey - then bringing forward to SMPs and to state level. To regional prevention coordinators</p> <p>ACTION: Traci to letter - clarification for education v. advocacy and process for taking input/providing support for bills</p>

Next Meeting: April 2, 2021 from 9:30am to 11:30am at Community Health Institute/JSI (Virtual)
Zoom Information: <https://jsi.zoom.us/j/305105597?pwd=alJaRy9kZGR0a29tQ0VjRm9EQXY2UT09>
Meeting ID: 305 105 597; Password: 975761